

QC

PARENT TO PARENT:

Moms share their odd pregnancy cravings
P. 9

INVENTORY:

Vintage clothing finds at
Nouvelle pop-up store
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DAY TRIPS:

Discover province's history
at pioneer museums
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ON THE COVER P. 4



Memorians are finding employment and a better life in Saskatchewan. GO PHOTO BY DANIEL SCHWARTZ

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MY FAVOURITE PLACE P. 14



Anna Longshore at Englewood Park: her favourite place in Regina. GO PHOTO BY DANIEL SCHWARTZ

CORRECTION Information was incorrect in last week's story about summer music festivals. The Cape Creek Jamboerie is held at Cape Creek Regional Park, which is not owned by Les and Dolores Stack. Also, like many of the festivals mentioned in the story, Cape Creek happens thanks to a bevy of directors and plenty of volunteers. We apologize for the confusion and sincerely regret the error.

QC COVER PHOTO BY MICHAEL BELL

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ON THE COVER

The good thing about Regina is that you can work. — Maria Barbosa

#IMMIGRATION

How a sizzling economy can change lives



The Lopez family moved to Regina from the Philippines for work in the local fast-food industry. GC PHOTO BY MICHAEL BELL

By Andrew Matte

Reneado Lopez spent years travelling the world and enjoying family time at home in Southeast Asia.

And he traded it all for a job making tacos in Regina.

"It was worth it, absolutely it was," says Lopez during a work break at a west-end fast-food restaurant.

"I work hard and I work all day. I am used to that. But I now have a future and my children can get a good education and there is opportunity here for them. That is why we came to

Regina."

Lopez is among a quickly growing number of men and women who leave countries like the Philippines and India for the lure of Saskatchewan and its jobs, health care and schools. While the federal and provincial governments are sometimes criticised for allowing the bar-

ring of foreign workers, businesses claim they can't meet demand without help from new owners, and families arrive by the thousands. For many, the notion of a better doctor's visit, income, libraries and good schools are the trade-off for leaving their homes and families to work a job at a restaurant drive-thru.

Now, we have our own business. This is about the future of my children. — Ramulo Lopez



Three Time owners Ramulo Lopez (center) serves food with employees (left and right: Arch and Stasos Dimitrakis) takes pride in helping families find new lives in Canada. **QC PHOTO BY MIKAS SCHLOSSER**

Reckless when a slumping economy has added immigrants to 530 communities from 180 countries in recent years, resulting in unprecedented population growth and a record low rate of unemployment.

For the businesses with job openings and the workers who want to fill them, a complicated and usually expensive application process gets underway as government evaluation the qualifications, backgrounds and requirements of business. In the end, whether a young woman from Mumbai arrives on a student visa that permits her to work at McDonald's or a father from Iran with wife and children in Munich to work at Dairy Queen as a temporary truck van, both roles usually wind up happy.

Who stories of enriched lives and commercial success continue to play out under a shadow of controversy over Citizenship and Immigration Canada's foreign worker criteria and complaints that applicants take too long to appear or that too few — or too many — people are allowed into the country.

♦ ♦ ♦ ♦

More than 30 years ago, the concept of economic diversity came into focus for Philipinos Ramulo Lopez.

With a job as a draftsman in his hometown of Legazpi City news of his girlfriend's pregnancy prompted the 35-year-old to get married and evaluate the prospects for his growing family.

Life back to the state to work on a cruise ship

and then gone eight months at a time to work 10-hour shifts six days a week. He earned a lucrative salary of \$1,800 per month, most of which was sent home.

Though he enjoyed long breaks, he and his wife Marlene wondered about the true value of a big paycheck earned at the expense of a usually absent father. Marlene had been out of the country each time Marula gave birth to their four sons.

"When it came to enjoying my life in the Philippines, it was a good life. It was easy. My wife didn't need to work and my kids went to good schools," says Lopez.

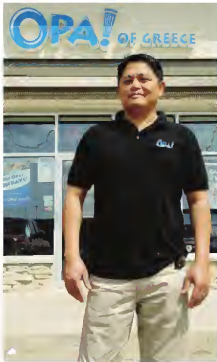
"But I was never there."

He learned about a woman looking to fill vacancies at a small chain of food-food outlets in Canada. The job at Legazpi Three Time didn't pay much but it was a ticket to a new life. His prospective employer's willingness to help him gain permanent resident status in Canada was enough to get the Lopez family on a plane to Legazpi. They arrived in Legazpi on Dec. 17, 2008.

"It was said that the people here are very nice," Lopez says.

In addition to Lopez's job, his family benefited from further investment by Danny Lopez, master owner of the four Three Time outlets in Legazpi. Like many small business owners, she hired many employees overseas and arranged for an apartment and necessities like washer clothes and even a decorated Christmas tree.

In Lopez's case, Legazpi quickly saw a return on the thousands she invested.



Ramulo Lopez quit his job at 'Sea Time in Legazpi to start his own business. With the help of his wife and sons, he operates Opa of Greece in Harbour Landing. **QC PHOTO BY MIKAS SCHLOSSER**

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I like to treat people well because I believe people should be treated with respect. — Tammy Langmaier



Local author/coach/employee for her four Taco Time outlets, Tammy Langmaier supports immigration rules that have allowed her to help dozens of people move to Regina from countries like the Philippines. QC PHOTO BY DENNIS SCHULZE

Continued from Page 5

Drawn by experience as a cruise-ship waiter, Rosendo was promoted quickly to manager of the Cornwall Centre location. Maria and their eldest sons also got jobs at Taco Time.

"He was a good employee, a very good employee. They all work," says Langmaier.

She rebuts a common criticism from the service industry, which says it can't find enough local people to meet demand.

Years ago, she says, full-time staff was supported by high school students eager for break end and after-school hours. Now, many new hires quit after a few shifts as are something to mop floors or remove trash.

"A lot of parents don't instill a work ethic in their kids. We had young people working here who worked out great. Years ago, we'd get all kinds of kids working here. Nowadays, there are hardly any."

Langmaier accedes to having a soft spot for people in need, which has benefited the more

than two dozen members of eight families she's helped move to Regina so far. Many of her international recruits have become close friends.

"I like to treat people well because I believe people should be treated with respect. I started to do this for business reasons. But it also have an opportunity to help people."

Maria Barahona also has Langmaier to thank for bringing her husband and two teen daughters to Regina from the Philippines in 2010.

Even though they owned a successful water-delivery business back home, she now prefers a Taco Time career in Regina.

"When we came here, the apartment Tammy had was all ready for us. All of what we needed was here," says Barahona, who works alongside her daughters.

"The good thing about Regina is that you can work. So if you want something, you can get it. All you need to do is work for it."

Canada is great because of the people who live here. And it's about the money that we make here. But it's also about the opportunity for my kids — Jordan Espinosa



There aren't too many fast-food jobs that come with a company car, but Dairy Queen's general manager Jordan Herries (left) has gone to great lengths, including providing vehicles and apartment rentals to employees who move to Regina from other countries. Dairy Queen's supervisor Jordan Espinosa (right) recently received his permanent resident status, which allowed his wife and children to join him in Regina. GC PHOTO BY MICHAEL BELL

Continued from Page 7

"We wouldn't be a couple of employees one day and one kid stood off in the corner, too good to wipe tables. And this new person from overseas was working really hard, she smiled at the customers and her hair lit up. She didn't stand to speak to our guests. It was just the way she interacted with people that was so great."

A doorman in jobs in the service industry or a sense of entitlement overseas posing while trying to give their children a high standard of living, Gulf says.

"Doing their laundry all the time maybe didn't help," says Gulf. "They're entitled. I'm to blame. I'm a parent too — maybe we're paying for that wrong to make liberal parenting. We needed to swing from the older generation where there was spanking and dominating."

Jordan Espinosa, 26, celebrated news of his permanent residency status by getting a part-time job. After nearly four years as a temporary worker at a Regina Dairy Queen, Espinosa's status was upgraded, enabling him to bring his common-law wife and two children from the Philippines.

"It was a long time. But it's OK because we are all together," says Espinosa, a supervisor who also works part-time at a local assembly plant.

After working for years at a McDonald's in Manila, he'd dreamt about a life in Canada.

"Everybody in the Philippines knows that Canada is one of the best," says Espinosa, whose wife Arlene was also given a DQ job. "Canada is great because of the people who

live here. And it's about the money that we can make here. But it's also about the opportunity for my kids," he says.

"That's the main reason I came."

Fellow Filipino Josee Benquez, 36, arrived in Regina on the same day as Espinosa, but he's still working under a temporary work visa. Like others from the Philippines, he has access to the company Toyota Prius and lives at an apartment wired by his employer.

Benquez credits DQ general manager Sandra Herries for not just giving him a job, but improving his life. "She's probably the best to me, to be honest. I really don't know how to repay her."

Herries appreciates the realization that she's made friends following a business decision to hire from abroad.

"In many ways, these people are like our

family. Many members of our staff have been to my house. We've had a sleep night. Another night people come over and we learned how to make mucholla," says Herries.

In 2009 she struggled to find staff at the Dairy Queen at 304 McArthur Blvd. and a new store at 1803 Birchdale Blvd. Local employees sometimes struggled to do the work or lost interest after getting hired.

"It was hard getting staff back then. We'd have 10 people and we'd lose eight," says Herries.

With the help of an immigration firm, Philippine staff arrived in groups of six to 10, where Herries helped get them settled by buying clothing or arranging for things like health cards and driver's licenses.

"We went above and beyond. Maybe that's why most of them are still here — Looking back, I am glad we did."

NEXT WEEK: What's your favourite way to spend summer in the city with kids?
Email QC@leaderpost.com

■ PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

Did you have any strange cravings or habits during pregnancy?

"When I was pregnant with my first, I wanted to eat like Chicken All Stars from Flavors of India. I don't know why, but the way they make it, even I cannot cook like that. And one time I was craving sushi for a whole week. After that, I couldn't look at it. My belly was way too big at that time." — *Yvonne Fogel*

"The only food I was craving was chicken. I ate a lot of Chicken All Stars from Flavors of India. I don't know why, but the way they make it, even I cannot cook like that. And one time I was craving sushi for a whole week. After that, I couldn't look at it. My belly was way too big at that time." — *Yvonne Fogel*

"With my first pregnancy there were two things that I craved. White rice with white sauce (I think today it's the same, like one night so I could get my fix) and Diet Coke. After my daughter was born, I couldn't stand (sell) cut of the lamb and some of Diet Coke. Now she is another story." — *Kim Lema*

"With both kids I really craved sweets. I was never the type to eat a lot of sweets before. But with my daughter it was peppermint and chocolate. With my son it was chocolate again and basically anything sweet. Unlike towards the end of pregnancy I never craved anything." — *Chris Miller*

"Everybody thought my cravings for peanut butter and apple sandwiches was weird. I ate them as a crutch (I never thought so)." — *Jane Plummer*

"When I was pregnant with my daughter, I felt sick when I ate. When I was pregnant with my son, I was sick when I didn't eat. Go figure — different kids, different eating habits." — *Judy S.*

"Sarcasm is my friend during those what weird cravings I would come up with but was totally disappointed." — *Shelly Lumbert*

"Not that I can remember, unless scrolling back that obviously is strange for certain. I realized that during lots of little ice cream vendors/gourmet juice and all varieties." — *Carla Contreras*

"Sandwiches from Italian Star Grill. With mozzarella cheddar and deli pickles." — *da-ladde via Twitter*



"Super close one as I am currently expecting. Crunch and or has to be my favorite thing right now or a loaded baked potato. Nothing else but can't eat enough." — *Alisa Carmichael*

"Peanut butter is up and baby food for first pregnancy. For second pregnancy — Boston cream doughnuts. I don't stomach them now." — *Lisa Blevins via Twitter*

"I don't have any strange cravings during pregnancy but used to eat something every 2-3 hours. The only thing I craved (aside from pregnancy) was the smell of garbage. I got sick every time." — *Nikki Morley*

"Shrimp sandwiches. I wondered about down to (Gallstones) by the time. I finally found that the Senator Hotel at the beach. And good ones too." — *Ally Davis Post*

"I couldn't eat enough sea cream when I was pregnant. I ate it with almost everything." — *Shirley Rhoads*

"I couldn't eat much of my kids. I went through bags and bags of ice." — *Sharon Mueckert*

"I craved pudding with my first. It had to be homemade and not pudding cups." — *Michelle Miller*

"Theater popcorn, cream puffs and lots of Miss Viole's salt and vinegar chips." — *Karlyn Snowood*

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FASHION

What's your favourite summer fashion trend?
Email QC@leaderpost.com

SASKATCHEWAN FASHION

Kate Thompson: Stress free grad dress shopping

By Angelina Irtines

High school graduation dress shopping can go two ways. It can be nerve-racking and frustrating, or fun and stress-free. Fortunately for Kate Thompson it was the latter. She and her mom went to only one store, Kinsdale Designs in Saskatoon, to search for the ideal dress. Her sister and best friend, two years ago and Thompson didn't consider looking elsewhere. Plus she knew the style of dress she wanted: a long, classic cut with no puff or crinoline. But, the owner of the boutique encouraged her to try on a few "lively" ones anyway and it clicked. She ran away through different dresses and discussed which styles and designers suited her best.

"It made me appreciate and learn why I wanted a dress like this one," she says.

Although Thompson didn't find a dress that day she didn't go home empty-handed. She was armed with a list of designers that she knew would work for her. Thompson began her online search and it ended as soon as she found the embroidered gold Tera Bowles dress. After consulting with her mom, sister and friends, she made the purchase, even if she couldn't wait a season to alone try it on.

"I was kind of nervous but when it came, it looked better than in the pictures," she says.

And lucky for her the dress fit perfectly. It only needed to be taken up a couple inches from the bottom. She was prepared well in advance for the graduation at the end of June, where she'll most likely look forward to having all of the people she cares about most — friends and family — in one place at one time.

The Bishop James Mahoney goal has a long list of activities keeping her busy during the school year — track, volleyball and working as an AP (advanced placement) art portfolio. Although she sometimes puts too much pressure on herself to reach her educational goals, she explains why graduation is about more than grades or passing classes.

"High school really shapes who you are and that's when you're growing into who you'll become. I looked back at a picture of me from Grade 9 and I looked serious," she laughs. "You're serious, and then once you came out a completely different person. It's celebrating that more than anything."

Thompson has a lot to celebrate. She's enrolled in the College of Arts and Sciences at the University of Saskatchewan this fall. She plans on applying to either pharmacy or medical school (depending on her mood). Something tells us that her marks will be just fine.



Outfit:

- 1. EARRINGS:** Le Chatelain "I thought I'd like to search every where for something like these, but it (Le Chatelain) turned out being one of the first places I went."
- 2. DRESS:** Tera Bowles "I narrowed it down to three dresses. This one was the most unique, so I went for it."
- 3. BRACELETS:** The gold one is her mother's and the pearls are from Aldo "I wanted the accessories really simple because the dress is so much."
- 4. RING:** Guay Sher
- 5. CLUTCH:** Spring
- 6. SHOES:** Spring "I just wanted to have flats because I probably wouldn't make it in heels."



Grade 12 graduate Kate Thompson poses in the garden at dusk, in the Kinsdale Place research park in Saskatoon. QC PHOTO BY MICHELLE RING.

INVENTORY

We want to hear from you: Tell us about your best garage sale find. Email qc@leaderpost.com

NOUVELLE

The building that housed Louise Graydon's store, Indigo, is set for demolition so the 25-year retailer plans on retiring. But until then, Graydon and three friends are running a new store in the space, stocking it with beautiful items many of which come from their own closets and basements. Nouvelle is most focused on vintage women's clothing. There are also some new items in the store, like art, crochets and linens.

Nouvelle is a pop-up store, so catch it before it's gone. It's only in a week or two. Open Thursday to Sunday at 383A 13th Ave.

1. BEAUTIFUL BRACE: Agate bar jewelry from local artists. \$10 bracelets, \$300 necklace. \$395

QC PHOTOS BY
BRYAN SCHLOSSER

2. ON THE FENCE: Green Barry double purses from England. Shown: \$200

3. COVER-UP: Shemal shawl in many colours and styles. \$20-\$38

4. SOPHISTICATED: Vintage 1950s natchi back dress with V back, 1950s woven straw pillowcase. \$55

5. EMULATE JACKIE O: Vintage 1960s double-lens wool overcoat suit, made in Italy. \$70. 1960s furts. Unlined Chanel-style high collar style or Montreal-made felt hat with bow. \$25-\$30



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IN THE CITY

JUNE 15, 2013 — 1:11 P.M.

Giggles on the gridiron



Saskatoon Valkyries' manager Kayla Gies (center left) makes a bet at her daughter Zoey Ross, being held by Gies' mother Kade Gies, during halftime at the Western Women's Canadian Football League final held at Mosaic Stadium in Regina on Wednesday.

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MY FAVOURITE PLACE

Love for neighbourhood park endures

Angus Livingstone's favourite place in Regina is Englewood Park, located at Peterborough Street and The Valley Crescent within Apple Park. qp.leaderpost.com DEN HEAL

By Andrew Matto

When Angus Livingstone was a kid, he walked across an Argyle Park green space and instantly fell in love.

Over the years, Englewood Park has remained special to the 40-year-old musician because of the mature trees, large patch of grass and the park's unexplored shady in mossy corners. It's there when he's happy to relax with his band, The Noise and can't find time to rest. Livingstone finds solace in his memories of time spent at his favourite place in Regina.

Q Would you describe Englewood Park?
A When I was eight years old, I went over to a

hobby house and we ended up taking a short cut through this park. By cutting through the park, there was just something about it that caught my eye over back then.

Q What about the park interested you?
A There is such an energy in that place. It reminds something to me during my childhood. At eight or nine years old, it was a huge distance for me. I lived in Argyle Park but I loved way over on the other side of Sanguin. I have always loved the place. Even now I love the place.

Q Was the actual discovery of the park meaningful to you?
A Part of it was that it was just new to me. I

had never been there. To me, it was sort of like breaking new ground because I had never been to that part of Argyle Park before. As the years have gone on, I have found that I can find solace in the place.

Q What attracts you to the park as an adult?
A It is a home away from home in a way. It's like a sanctuary for me and a place where I can be at peace. When I go there, I usually just walk circles around the park. And then I'd often find a comfortable spot to lie down. Or I'd just sit there and soak it all in.

Q What did you do at the park when you were a kid?
A

I'd hang out in the playground.

Q Why do you visit the park today?
A If I'm working on stuff with the band and I really need to brainstorm out some details on something, I find that there's some creative energy there that helps focus my thoughts. I'll find a tree and sit under it or something like that.

Q Did you always just sit under a tree?
A I used to take long walks around the neighbourhood for the longest time. Even if I'm not driving, it sometimes make a point of driving past it. However I can get there, I got there. It's always fun.

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A history lesson told in fiction

History isn't actually as boring as it might have seemed in high school. It's simply an assemblage of stories, of lives of countless, of experiences.

The *Regency Storybook* is a collection of such stories set in England in the early 19th century, a place and time of extraordinary happenings. The lives of ordinary people were bedeviled by wars abroad and political upheavals at home — not all that different from today. Yet life was rich, arts and literature flourished in a sort of golden age. While society was led by a glittering aristocracy, the characters that populate these particular stories are from a variety of back grounds, and of a wide range of ages.

The *Regency Storybook's* fictional people face the challenges of everyday life but in each case a momentous historical event touches them, even if only briefly. A young

lady is caught up in the assassination of a prime minister; the political fallout a literary classic causes problems for a girl-in-love. A dangerous visit with an old friend, who happens to be the Prince Regent's mistress. The Battle of Waterloo overwhelms a middle-class household as the entire nation is glued to the news. And the tragic death of a great



Lesley Anne McLeod

man changes another Regent's plans to grief-stricken the country. While these events are 200 years past, each one of us today is affected similarly by the momentous happenings of our own time. As I wrote each of these 38 stories I found myself sympathizing more closely than I'd

imagined possible with the characters. I'd created as they struggled to deal with both private and public issues.

Artist Shabazz and I wanted to create a gift book in which historical scenes and characters go hand in hand. Her costume drawings accompany each story providing a glimpse of the everyday appearance of each of the protagonists. I hope my book entices the ears of authors like Jane Austen and follows in the tradition of more recent Regency authors such as Georgette Heyer.

Lesley Anne McLeod has been writing for 30 years. She has 24 novels published (seven *Regency romances* and five *Regency novels*), and more in print than collections of *Regency short stories*. Lesley Anne is a devoted anglophile and is committed to historical research. She blogs weekly at lesleymcleod.blogspot.com





REGINA RIEL METIS COUNCIL

Notice to Members meeting and General Social for Riel Metis Council of Regina (formerly Riel Metis Council and Queen City #54)

Purpose of meeting to consider the following bylaws changes:

- a) Bylaw 2 - Name change to Regina Riel Metis Council Local #54 (RRMCLM for short),
- b) Bylaw 8 - citizenship boundary changes (to limit and circumstances for membership "vicinity or whose primary business, work or interests are more directly related to the Regina local",
- c) Bylaw 9 Meeting of Members At Annual or Special Meetings - strikes "invited there must be at least 20 members".

Meeting to be held from 4PM to 6PM June 20th, at Eastview Community Centre, 215 8th Avenue Regina S4S. For more information call 306 216 6504.

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ON THE SCENE

SASKATCHEWAN SPORTS HALL OF FAME INDUCTION CEREMONIES



Some of the best athletes in the province were honoured on Saturday as the Saskatchewan Sports Hall of Fame Induction Ceremonies were held at the Conexus Arts Centre. The inductees were Garth Boorsch, Allan Semenuk, Vern Paschal, Keith Roney, Owen (Walt) Redout, Donald Gallo, Chuck Armstrong, Evelyn (Gloria) Nensbire, and the 1998 University of Saskatchewan Pokesmen Football team.

- 1. Allan and Cynthia Semenuk
- 2. Tyler Majcher, Jason Weber, Kurtis Albion and Colin Gorton
- 3. Janice Deslauriers and Dennis Houn
- 4. Katie Best and Marilyn Paschal
- 5. Jylelle and Lila Carpenter-Bacch
- 6. Joan and Keith Roney

QC PHOTOS BY MICHAEL BELL



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MUSIC

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TINSEL TREES

Band's debut a long time coming



Tinsel Trees is (from left) Michael Goodlow, Andy Lindsay, John De Gennaro and Colin Goucher. PHOTO BY CHRIS SCHAMM

By Andrew Matto

For most bands, recording a first album is a victory. In the case of Regt as a Tinsel Trees, their debut album will also be a relief.

Recording of a full record in now underway from this four-piece pop band whose heart efforts to write songs, record and even tour have been thwarted by personal changes. But today the band is more stable than it's ever been and founder Jim Lind says it's hoped he might reach a goal set nearly a decade ago.

"There is a feeling that this has gone long enough. It's time to record some songs," says Lindsay during a break from his full-time job as a

teacher. "It's pretty weird we haven't recorded an album. I don't think. And people around town think it's pretty weird too."

The band has plans to record its songs in Regina with the help of Jason Phelan and his new studio is slated at CBC Regina's Herald Street facility before heading to Montreal for mixing.

Lindsay, 28, launched Tinsel Trees with a plan to get help to make his melodies and music come to life. While the band has benefited from long-term members, Tinsel Trees is also seeking far looking others, usually at important times.

"We've written material but then stuff would happen with members. Someone would leave the band or

move away and then we'd end up re-writing some stuff. Then something else would happen," says Lind. "I've tried really hard to push through. And it was hard sometimes. But today I believe in the songs we have."

While Lindsay is the main song writer, guitarist Michael Goodlow is usually the first to add ideas.

"Mike adds to it and the rest will contribute to it," Lindsay says. "Mike is really good working with song structure. So I look to him for a lot of that part of the writing. We do a lot of things together or add another part in. That's where his skill set is."

With a sound described as low key pop influenced by Lindsay's affinity for music from the 1960s and psych-

delic rock, hopes for Tinsel Trees remain modest and haven't changed much since the band's inception.

"My main objective and what I have wanted from the beginning was to just make a record that I was proud of. I want to make a record I would brag," says Lindsay. "I am not worried about being popular or selling out huge shows. But we hope to tour one day so if we play some good shows and put out a good record. I'd be happy."

Further challenging Lindsay and his bandmates is family life. With new responsibilities as fathers making away time to rehearse or write music is more challenging than it was in Tinsel Trees' early days.

"Sometimes, life kicks in. But we

work around it," says Lindsay. In that of five young children. "We find that as time goes on, particularly for those of us with kids it gets a little more difficult. We're not just a bunch of kids who play in a band anymore."

Inspired by new enthusiasm about the prospect of a new album, Tinsel Trees has played several high-profile local shows. The band is also slated to perform with The Remains! Lakes on June 20 at the Exchange in Regina.

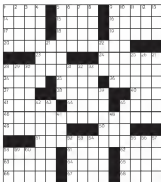
"I believe in what I do so I've never strayed away from it. I have never tried to imitate anyone or try to fit into any sort of niche. I just do what I do and if people like it, then great," Lindsay says. "Some people might not get it but I think we have a hard enough crowd that likes what we do."

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Silver sculpture
3 Love flow
6 Y's
14 Scorpion's arches
15 A.C.T. (Theater) term
16 Antennae effect
18 Broadway musical that deals with AIDS
19 Last short story
18 Come again?
19 Warning that harms to physical
20 Emphasis that precedes "because"
21 "I never find one!"
24 Rough shaver
25 Oak's perfume?
34 Indian comic book
35 "My New Joe" (TV) (TV) (TV)
36 ... and I like to drink you looking for "Star Wars" (TV)
37 Co.
38 Food festival
40 The Wobblers of the A.C.A.
41 Air water photos
44 Winter place band
45 Hardly
46 Not necessarily
48 Cheese restaurant
49 American



FILL IN BY BENJAMIN SVETKEY AND EILEEN SVETKEY

- 40 The Wobblers of the A.C.A.
41 Air water photos
44 Winter place band
45 Hardly
46 Not necessarily
48 Cheese restaurant
49 American
50 Emergency about ... or a possible title for this piece
51 One providing some sense after a crash
52 Novelty
53 Happened
54 Being successful
55 Help set ...
56 In part all the answers
57 Characteristic of a ...
58 The
59 ... Angle

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#JANRIC CLASSIC SUDOKU

Level: Gold

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 21

EVENTS

MUSIC

Thursday, June 20

Third Degree Blues
The Pump, 641 Victoria Ave. E.

Fly Poets
McNally's, 2226 Denison Ave.

Friday, June 21

Party Features Benefit Concert
Featuring the Midnight House, Glen Gutter, Greek Drink/Crier and Down Home Boys
The Artisan, 2627 10th Ave.

The Millman's Band
8:30 p.m., Royal Regina Golf Club, 3401 9th Ave. W.

We Were Lovers
The Exchange, 2431 8th Ave.

Third Degree Blues
The Pump, 641 Victoria Ave. E.

Wonder in Red
McNally's, 2226 Denison Ave.

Big Chill Fridays
With music by DJ Farbeat
The Luncheon, 4525 Gordon Rd.

Summer Solstice
The Artful Dodger
632 10th Ave.

Chris Cough with Kory (stage vs. The Three Poets)
Oxhead's, 1947 South St.

Saturday, June 22

Rums & Macking with Tyler Gilbert
8 p.m., The Artisan
2627 10th Ave.

CKRM Country Talent Search Contest
Casino Regina Show Lounge
1610 Saskatchewan Dr.

Summer Solstice
The Artful Dodger
632 10th Ave.

Wonderland



Fly Poets will be performing at McNally's on Thursday. (Photo: Mike McQuinn)

McNally's, 2226 Denison Ave.

Third Degree Blues
The Pump, 641 Victoria Ave. E.

Jack Samole
8 p.m., Sawdust Guitars, 2832 Denison Ave.

Metekush, Wind, Lightning
Seeds of Death, Reign of Lies
The Exchange, 2431 8th Ave.

Age of Days
Pant Ultra Lounge
2046 Denison Ave.

Sean Burns
The Luncheon, 4525 Gordon Rd.

Sunday, June 23

Wake Owl
The Artisan, 2627 10th Ave.

Kalimera, The Poetics
The Artful Dodger
632 10th Ave.

Monday, June 24

Monday Night Jazz & Blues
Updown Ave.
Guthrie's
2206 Denison Ave.

Showoff Open Mic
7:30 p.m., The Artful Dodger
632 10th Ave.

Three For The Show
Monthly Old Time Dance Party
Casino Regina Show Lounge
1610 Saskatchewan Dr.

Tuesday, June 25

Tuesday Night Troubadour
Jam night
Every Tuesday, 8 p.m.
Rocados, 2247 Park St.

Dead Soft with Sigheist
Oxhead's, 1947 South St.

Wednesday, June 26

Wednesday Night Folk Jay Arsen
Rushbeer
2206 Denison Ave.

Jam Night
Every Wednesday
McNally's, 2226 Denison Ave.

The Snake Oil Salesmen, Vol. 10, Victory Kicks, The Ac-complice
The Exchange, 2431 8th Ave.

Wednesday, June 26

ART

Play
An interactive installation
by Kathleen Innes and Jeff
Morton, using piano sound
and images.

son Flow Arts
Until Aug. 18, Regina Centre
Crossing, 1621 Albert St.

Dimensions
Until Aug. 25
Seik Craft Council show
MacKenzie Art Gallery, 3475
Albert St.

**How We Filled the Vault! 60
Years of Collecting at the
MacKenzie Art Gallery**
Until Sept. 1, MacKenzie Art
Gallery, 3475 Albert St.

**Sam Steele: The Journey of a
Canadian Hero**
Until Sept. 2, RCMP Heritage
Museum, 1912 Denison Ave.

**Greatest Hits: The Joint Test
of Canadian Art**
Until Nov. 24, MacKenzie Art
Gallery, 3475 Albert St.

Antelope Gallery
2266 Smith St.
Open Tuesday to Friday, 10
a.m.-5:30 p.m., Saturday 10
a.m.-5 p.m.

Mysteria Gallery
2106 10th Ave.
Open Tuesday to Saturday, 11
a.m.-5:30 p.m.

Neutral Ground
800-1886, South St.
Open Tuesday to Saturday, 11
a.m.-5 p.m.

Nouveau Gallery
2145 Albert St.
Open Tuesday to Saturday, 10
a.m.-5 p.m.

COMEDY

Peas the Hot
June 21, 9 p.m.
The Club at the Exchange
2431 8th Ave.

Comedy Serial
Every Saturday night
Gibber's, 2536 Denison Ave.

**The Kinkler with Adam
Lepinski and Mike**

Salesmanship
June 26, 8:30 p.m.
The Artful Dodger
632 10th Ave.

SPECIAL
EVENTS

**Canada's Farm Progress
Show**
June 20, 9 a.m.-6 p.m.
June 21, 9 a.m.-6 p.m.
Vivaro Place

**Yoga Party with Roullet Tree
Yoga**
June 20, 9 a.m.-9 p.m.
Victoria Park

**Queen City Pride Community
Fair**
June 22, 6-8:30 p.m.
Cornwall Centre, 1221 Boucher.

**Non-DMC network and environmental
network night**
Hosted by Sask. Env. Network,
screening The World Accord-
ing to Monsanto
June 20, 8 p.m.
Creative City Centre, M43
Hamilton St.

Balls on the Plaza
Hosted by Regine Salazar
June 20, 7-10 p.m.
City Square Plaza

**Saskatchewan's Roughriders
vs. Calgary Stampeders**
June 20, 6 p.m.
Mosaic Stadium

All That Matters Party
June 20, 9 p.m.
Gibber's, 2536 Denison Ave.

**National Aboriginal Day
celebration**
June 21, 9 a.m.
Wascana Centre northwest
corner

Aboriginal Talent Showcase
June 21, 1:30 p.m.-3:30 p.m.
Cornwall Centre, 2002 9th Ave.

Penny Show
June 21, 1:30 p.m.-3
p.m., 10 a.m.-3:45 p.m.
Cathedral neighbourhood
Centre, 2902 10th Ave.

What you need to know to plan your week. Send events to QC@leaderpost.com

K.S. Gorman Harmonie Dancers and Daughters of Penelope Hobbes Dancers
Culturn on the Plaza, hosted by Regina Municipality Council
June 22, noon-1 p.m.
City Square Plaza

Theatre in the Park with Delta Theatre School
For teens aged 13 to 18
June 21, 2-3:30 p.m.
Victoria Park, downtown

Jon Ryan celebrity steak night
Redemption
Featuring Jeff Reed and Troy Woodwood
June 21, 6 p.m.
The Pump, 661 Victoria Ave. E.

Regina Red Sox vs. Weyburn Beavers
June 21, 7:05 p.m.
Cunie Field, Ring Road and Whinney Street

Regina Farmers' Market

Every Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

SACRE Annual Walkathon
June 22
Issuana Centre near the Bandshell

Beach Blast
Barbecue, bouncy castle, children's games and pet adoption, hosted by Regina Humane Society
June 22, 11 a.m.-4 p.m.
Between Sears and Cox Dr.
Fossil, 3000 Black Quince St.

Queens City Pride Parade
June 22, noon-1 p.m.
2370 Broad St.

Stick Off to Summer Fun in the Park!
Bartender, live painting, games, bouncy castle and more, hosted by New Beginnings Lutheran Church.

June 22, noon-4 p.m.
Thompson School, 2033
Toronto St.

Regina in the Park
June 22, 1-5 p.m.
Victoria Park

A Feast for the Eyes
"A Taste of Space"
Art Gallery of Regina fundraiser featuring a food competition, silent art auction and more.
June 22, 8-9 p.m.
Neil Salloway Civic Arts Centre, 2430 Bighorn Ave. SE

What's Your Colour? Pride Dance
June 22, 10 p.m.-4 a.m.
Gay and Lesbian Community of Regina
2070 Broad St.

Multiculturalism Day
June 23, 1-4 p.m.
Mackenzie Art Gallery, 3475
Albert St.

Family Fun Day and Bottle Drive
Arcade, food, carnival-style activities
June 23, 1-4 p.m.
Tosco's Scherzer Leisure Centre, 3830 E. Woodbine Dr.

Regina Red Sox vs. Moose Jaw Millers Express
June 23, 2:05 p.m.
Cunie Field, Ring Road and Whinney Street

George Reed Golf Tournament
Fundraiser for Special Olympics Saskatchewan
June 24
Wascana Golf and Country Club, 6000 Wascana Parkway

Sports in the Park with Saskatchewan Special-Half of Fame
June 25, 9:00-10:30 a.m.
Victoria Park, downtown

Ghosts in the Park
June 25, 7:30 a.m.-1:30 p.m.
Victoria Park

Ultimate Frisbee
June 23, 5-6-30 p.m.
Victoria Park

Regina Red Sox vs. Swift Current Indians
June 25, 7:05 p.m.
Cunie Field, Ring Road and Whinney Street

NEW MOVIES

Monterey University Family
Julie Wozniak and James P. Sullivan are inseparable, but that wasn't always the case. Learn how Julie and Julia became the best of friends.
World War Z
Thriller

United Nations employee Jerry Luna (died 1982) is running out of time as he travels the world to stop a zombie pandemic based on Max Brooks' novel

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430 McCarthy Blvd. N
304-522-9078

Cineplex Odeon
Southland Mall Cinema
3025 Gordon Dr., 304-545-3363

Regina Public Library Theatre
321 12th Ave., 304-777-6934

Kramer Lines
2503 Powerhouse Dr.
304-522-5629

Goldline Cinema
Golden Mile Shopping Centre
3808 Albert St., 304-304-2200

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ADVICE COLUMN

Moving to 'fantasy' relationship not the answer

Q I'm a married man, in love with a married woman.

HER: She confided that her husband cheated, but she's working on her relationship.

She's fun and has two kids. She drops them off at school, we start or cry day. She smiles at me. I haven't told her how I feel.

ME: Two kids. On such love at home, fighting a problem. That's probably something going to make me very sick. My wife works 60-90 hours weekly. She's a cold thing.

I have a sleeping disorder, so we sleep separately, so we live in a secret state. Only partly her. My wife says we can't have sex because of my condition.

I know she cheats, but I don't blame her. I know we're only together for the kids.

Should I just let my wife go? Am I a monster, wanting to break up another woman's marriage, so I can be with her though I cannot tell her? She just might be my soulmate.

Lonely Guy

A You're lost in fantasies harmful

Ask Ellie



to YOU! — creating an imaginary 'soulmate' lifestyle.

If this life-known woman rejects you, that's her emotional and not on top of it. She's adding stress to your physical health.

Blame it, too, to HER — sorry, but you'd be the worst excuse for her — a man with long-term problems who desperately takes her as the answer to making his life perfect.

Talk to your wife. Ask what she sees/wants for the future. Maybe she hopes you'll recover and be cold and angry because you've given up. Maybe she wants out, but won't say so when you're ill.

Talk to your doctor. There are

strategies for sleep disorders, treatment for ED, and other ways for us fantasy besides intercourse... if you seek solutions instead of escape.

Q My wife's eldest brother, 40, lives alone in an apartment, has no car, and holds a steady full-time job.

He has no friends that we know of. He's friendly with co-workers only at work. He doesn't date. He's not had a girlfriend in two decades. He's not seen his family (father, three siblings) for six months though we all live close. He's avoided getting together for Christmas. He's missed occasions before, but usually showed up to the next one.

My wife gave birth to our second daughter and there was no contact to congratulate us. He was I suspect to decide whether he's going to attend an event.

His father has wanted him to stay work several times to assure he's OK. When he asks him about the next family outing, he always replies he has to work. Their mother once

told my wife, "He hasn't been given the same tools as everyone else" and he refused to get help.

My wife feels that a confrontation might drive him further away even lead him to suicide if we make him feel "guilty." Yet I think we'll never see him again if we do nothing.

Concerned Brother-in-Law

A: He's a loner, functioning for his daily life. His father's visits should continue regularly — suggesting lunch or a coffee while there, so there's time to chat.

He shouldn't make him feel guilty. However, if there's a change in his appearance, or odd behavior beyond his absence, a family intervention may be discussed.

I recommend a family meeting with a psychologist experienced with people who withdraw socially to discuss this. The brother may be making depressing social anxiety may be a barrier at home living in chaos, and may already be on the edge of despair.

The MCT staff-sharing him that the

family cares about him, just about showing up.

Q I'm having problems waking up and going to a job I don't like.

I have to go in order to maintain my life. How can I become more motivated, make the best of it and get up on time?

A: Also, I don't get along with my co-workers. How can I get to know them and become friends?

Lost in my Life

A: When depression takes hold, it's hard to enjoy work or the people there, and the desire to avoid all by sleeping becomes stronger.

Get to a doctor right away. Or go to a hospital's mental health clinic or emergency department and openly express feeling too low to get up and work, though you need to financially.

You may be given medication to lift you over this slump. Ask also for ongoing therapy to learn some coping strategies. Once you're proactive getting help, you'll have more confidence to make friends.



Next week in
QC
Deidra Roberts is
working to advance
transgender rights
in Regina and beyond

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages. Children can colour the page. Have a picture taken with the finished product and email it to oc@leaderpost.com by 9 a.m. Monday.

One winner will be chosen each week. Please send **high-resolution** pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Alex McCoolkie**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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GARDENING

How to incorporate yellow into gardens

By Erl Svendsen

Foliage is most plants' primary organ. Plants use it to draw energy from the sun, converting carbon dioxide and water into sugars and oxygen through photosynthesis.

In the garden, foliage provides visual appeal with a variety of textures, shapes and sizes. If the leaves are the typical green, then they can act as negative space — a foil, if you will — against which colourful flowers and structures are highlighted. If the leaves aren't green (a common colour is yellow), then the whole plant stands out. These plants' colour typically lasts most of the season.

In the garden, yellow helps to direct your eye to an area of interest, convincing visitors to investigate and deriving them along a prescribed path. It also helps to brighten an otherwise shady area.

Yellow is a great choice to highlight its complementary colour, purple, especially in a shady area where purple can literally disappear. Yellow can be

combined with red and blue to create interesting effects as they play off each other that a little goes a long way — need creating a crown effect. When working with yellow plants, don't forget that flowers create positive and spherical contrasts, or complements against the foliage.

You have several choices when it comes to yellow plants.

Yellow-leaved spruces (spruce spp.) are typically undeciduous glaucous shrubs with delicate pink, red or orange flowers that bloom in early to mid-autumn. Some yellow cypresses produce red leaves that start to mature to gold.

My favourite is blue shagbark, aptly named for its shape and bright yellow tone. It's most colourful in full sun, leaning towards levey yellow in light shade. Tip: trim it down in spring to create a perfect mound. Also, give your plants a light shear right after flowering to encourage a second bloom.

Golden horseradish (horseradish spp.) come in many shapes and sizes. It has a dark green, but in two to three shades of gold, leaves will be more than fine.

Yellow. Given too much sun, they can burn. Hostas like evenly moist soil at all times. Their sweet scent is the thing. Golden cultivars include Midas Touch, Gold Standard and August Moon.

Golden aster (Aster spp.) are typically a medium sized shrub with shaggy bark, produces rich-scented white flower clusters in early autumn. One in full sun (the best cultivar to part shade) includes bushes way experience winter setback — just prune them out in the spring. Avoid side cultivars include Lutea and Blue's Gold.

Golden haze (Dianthus barbatus) is a vigorous vine that grows up to 10m and dies to the ground at the end of the season like most geraniads. The stems and leaves have short prickles, so wear long sleeves when working around the vines. They actively produce hops. If you make your own beer from scratch you could try using your own home grown hops, but I offer no guarantees on the resulting brew.

Finally, there are two dependably



The Midas Touch Spruce shines brightly. PHOTO COURTESY ERL SVENDSEN

yellow junipers. The first was the yellow common juniper (Juniperus communis 'Depressa Aurea'). New growth is bright yellow, fading to the brown in the fall and returning in the spring as time. The short and shaped leaves are sharp and may irritate the skin. Reaching up to 4m tall it may spread up to 10m if left unchecked. The other juniper in Mother's Gold (Juniperus

horizontalis 'Mother's Gold'). It is a groundcover reaching only 10cm tall but spreads to form a dense mat up to 10m wide. Both junipers are easily controlled with patience pruning.

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SHARP EATS

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#FOODIE PHOTO GALLERY

Come for the food at Mandarin restaurant

By
Jenn Sharp

Helmed by many as having the best Asian eats in Saskatoon, the Mandarin restaurant is located in the heart of the city's core neighbourhood. Long before it became hip to open a restaurant in Riverdale, the Mandarins was there, serving up authentic Chinese dishes, like Peking Duck and Mushroom Egg Foo Yung, along with mind-bogglingly delicious dim sum. The cavernous restaurant stretches far along block but you'll often be hard-pressed to get a table there during the weekend's prime dinning time. The menu is packed with tofus and vegetable dishes making it perfect for vegetarians too.

If it's your first visit, don't be fooled by the Mandarin's lacklustre interior. The food here more than makes up for the decor (or lack thereof). It's the perfect place to go with a group of friends — snap a big table where you'll be served dishes family style. It's a good idea to go with a group it's easier that way to slurp off and wash at the (sometimes) best service. Later in the evening, come for the food and you won't be disappointed.



Singapore Rice Noodles



Chicken with Green Peppers and Black Bean Sauce



Sweet and Sour Pineapple Chicken



Peking Duck



Seafood and a Nest



Port Grape with Orange Sauce



Deep-fried crab claws



Mushroom Egg Foo Yung



Beef and Mushroom Vegetables

QC PHOTOS BY
JENN SHARP

WINE WORLD

* STIEGL RADLER

Radler low on calories, high on refreshment

By James Romanow

So there I am on CTV Saskatchewan Morning Live, discussing what summer beverages may work for viewers. I am leading the show's glow of highbrow intelligence, the kind of uniquely cultured person so lacking in today's morning television. (You can spot people like me by our Saskatchewan.) You can imagine my horror when hearing introfaded Jeremy Dodge to Klegi Radio; I watched the entire rest and come out of control.

The cameraman asked my Red Sox Mike the sportscaster was waving the can to the camera like a Riders fan at the Grey Cup. Heather is dancing a samba without music in the middle of the studio and Jeremy was the one note of naive stability. All this from a 500 ml can of 22 per-cent alcohol. (And Heather didn't even have any!) "Oha," "Oha," "Stegi" had a warmer here."

A Radler is literally a cyclist, but also the name for a drink, the German equivalent to a shandy. They were invented in the first 15 years of the 20th century, back in the 1890s, when clubs of young men would go cycling in the country. They would naturally stop for a beer but a couple of punts and cycling can be an awkward mix, so the beer was de-alcoholized by watering it down with water.

(2) e.g. Waller is a mix of grapefruit juice and



Stieg's Gashews. Tremendously tart and refreshing, it makes a great thirst quencher, especially on those hot days in the sun. I've never come across this mix before — raspberry or lemon are more common — but I think it brilliant. The calories are low, and refreshment level unquestionably high.

Stargel Radiation: 21.66 mSv/yr (as rated by the CTV
Environmental Monitoring Team, 2002).

More excellent fun in Monday's LeaderPost
or on Twitter @Roberts

Crossword/Sudoku answers

	C	I	N	C	T	E	E	N		F	O	R	N				
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2	1	5	8	7	9	3	4	6
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1	5	9	7	2	6	4	8	3
4	6	7	3	8	5	1	9	2
8	3	2	1	9	4	5	6	7

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